



Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us

January 2016

Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon. – Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas

781-942-6796

Case Manager, Kerry Valle

781-942-6659

Nurse Advocate, Alyse Warren

781-942-6693

Van Driver,

Joe Beninati

781-942-6754

Elder/Human Admin-

istrator, Jane Burns

781-942-6658

Clerk, Ann Gentile -

781-942-6608

Chocolate, the Perfect Indulgence

Tuesday, January 19

10:15

Join Mike Cross from Northern Essex Community College. Mike is the Department Chair of Natural Sciences at NECC

- ♥ Learn which chemicals elicit biochemical reactions in the human brain, making chocolate the perfect indulgence.
- ♥ Learn how to taste chocolate for quality and how to eat it, too!
- ♥ Everyone will enjoy a chocolate sample at the end of the presentation.



This program is available to you from the Speakers' Bureau at NECC.



SNOW EMERGENCY INFO

When the schools close, activities at the Center will be cancelled. However, Elder Services staff will be working and available to assist you.



IMPORTANT SYMBOLS

Registration Required



Free Transportation

781-942-6794



Reservations start Monday Dec. 21. Please call by noon at least **two** days before the event.

TAX SEASON

February starts Tax Season for the AARP Tax Preparers. Appointments for assistance begin Thursday, February 4th and run through April 14th. To schedule an appointment contact Ann Gentile at (781) 924-6608.

RMLD

Save energy and money with LED bulbs.

Tuesday, January 19th from 12:15 - 12:45



The Reading Municipal Light Department will have a table setup offering LED light bulbs at 50% off.



SENIOR GROUPS

Low Vision Group: No meeting in January and February

Writer's Group: Wed., Jan. 6 - 10:00 -11:00 a.m. Join this drop-in community of writer's to share ideas, drafts, and spur each other on. The group will meet the first Wednesday of each month at 10:00.

Parkinson's Support Group: - January 13, 1:00 -3:00; Led by Kathy Hill, RN with the Greater Medford VNA. 1:30 to 3 Led by Greater Medford VNA - Meets every 2nd Wed.

The Not Too Stuffy Book Group: One Good Dog by Susan Wilson Wed Jan 20, 11:00 a.m. - 12:00. Adam March is a self-made Master of the Universe. He has it all: the beautiful wife, the high-powered job, the glittering circle of friends. Until the day his assistant gives him a message: your sister called. No one knows that his sister has been missing for decades. Adam loses it, and he is escorted from the building. He loses his job. He loses his wife. At his lowest, Adam is assigned to community service in a soup kitchen. And this is where he crosses paths with Chance. Copies available at the Center or Library.

LIBRARY HAPPENINGS

LiveWires: Beginning Needle Felting Workshop Wed, Jan 13, 11:00 a.m. at Reading Public Library, 80 General Way Get started on the art of needle felting with instruction from craft-master, illustrator, and filmmaker Anna Lensch. All materials provided, please register by calling the library at 781-942-6703.

LiveWires Presents: Music through the Decades Concert Tue, Jan 26, 7:00 p.m. at the Pleasant Street Center Using keyboard, trumpet, and vocals David Polansky plays the Great American Songbook covering the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael, and a host of others. Come hear the music that was popular at the time of the invention of the automobile, WWI, the Roaring 20's, The Great Depression, WWII, Big Band, Atomic Age, Swing Eras, Broadway and the Wild West -Over There, Sweet Georgia Brown, Brother Can You Spare a Dime, Rosie the Riveter and much more!

SHINE

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room - See Page 8 for important information about Medicare Part B Premium.

Call for an appointment 781-942-6794.

- Tues. Jan. 12 - 12:00 - 3:00
- Fri., Jan.15 - 10:00 - 3:00

FUEL ASSISTANCE

Need help with paying for fuel? The Greater Lawrence Action Council will be in Reading 1 x per month through May taking applications. **APPOINTMENTS REQUIRED!** Call 781-942-6608

Tuesday, January 5th
9:30 - 12:00 - every 15 minutes
Town Hall conference Room, lower level

QUESTIONS/CONCERNS?

Elder/Human Services

Kerry Valle - (781) 942-6659

Council on Aging: Mon., Jan 11

6:30 Pleasant Street Center

Board of Selectmen Office Hours: Tues., Jan 5 - 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours: Fri., Jan. 8, 1:15—2:15

Senator Jason Lewis: Fri, Jan. 15, 2:30—3:30

Congressman Seth Moulton

17 Peabody Square

Peabody, MA 01960

Phone: (978) 531-1669

Fax: (978) 531-1996

FITNESS FOR ALL

MONDAYS:

- **Yoga**—Mondays 11:00 - 12:00 - 3 weeks for \$30 or \$11 drop in
- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins welcome. - \$5
- **FOREVER 49 - All your health needs in one program.** 1:30 - 2:30 \$49/month or \$13 Drop-ins welcome. **FIRST CLASS FREE** - come try this class and see how to stay fit for life.

TUESDAYS:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4
- **Body & Brain Flexibility:** Tues. - Jan. 5 - Feb. 2, 10:30 - 11:30. Learn skills to enhance memory and coordination! Classes are gentle and effective, designed for all abilities. 8 weeks \$35 or \$5 drop-in


WEDNESDAYS:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **FOREVER 49 - All your health needs in one program** 1:30 - 2:30 \$49 for the month or \$13 for Drop-ins.

THURSDAYS:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

FRIDAYS:

- **B.E.S.T.** - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-in \$3/Session. 

HEALTH SCREENINGS

PODIATRY CLINIC, Will not meet in January. Check out the February Pleasantries for the next visit.

BLOOD PRESSURE:

- Mon., Jan. 4 - 11:30 - 12:15 Hallmark Health
- Tues., Jan. 12 - 11:30 - 12:00 Donna Pierce, Nurse
- Tues., Jan. 19 - 10:15 - 10:45 sponsored by Rite-Aid Blood Pressure and pneumonia shots
- Fri. Jan. 22 - 11:30 - 12:00 Alyse Warren, Nurse Advocate



CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 - 12:00, 2 ½ hours for \$10.00. Any medium

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 New knitters & crocheters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

• Tues. with Nancy from 10:00 - 11:30

• Weds. with John Walsh 10:00 - 11:00



Painting Group, Fridays, 9:30 - 11:30 No instructor

LATHAM

LAW OFFICES
LATHAMLAWOFFICES.COM

643 Main Street, Reading, MA 01867-3096

(781) 942-4400

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,

7 PHILBROOK TERRACE, HAMPTON, NH 03842



Seniors may be eligible for a full membership at no additional cost through your Silver Sneakers program!

Snap Fitness

484-334-2262

46 Haven St. Reading, MA
www.snapfitness.com/reading

EXCEPTIONAL HEALTHCARE
EXTRAORDINARY HOSPITALITY
RIGHT NEARBY

WINGATE
at
READING

**Short-Term Rehabilitation
Long-Term Care**

1364 MAIN STREET
READING, MA 01867

1.800.WINGATE

"WHERE HEALTHCARE MEETS HOSPITALITY"

WINGATEHEALTHCARE.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFORMATION PLEASE READ These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time	TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Sug- gested donation \$2.00. Lunch - Reserve the day before by noon			1 New Year's Day Town Hall and Pleasant Street
4 9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 11:30 Blood Pressure 12:00 Lunch 1:00 Walmart/Home Goods 1:00 Cribbage 1:30 Forever 49 Beef Stew or Mediterra- nean Plate	5 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexi- bility 12:00 Lunch 1:00 Bingo Tortellini or Tuna Salad Sandwich	6 8:45 Neighborhood Gro- cery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 12:00 Lucky Lunch Day 1:00 Downtown/ Groceries/Library 1:30 Forever 49 Chicken Marsala or Egg Salad Sandwich	7 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Chair Massage 10:00 Scuttlebutt 12:00 Lunch 12:30 MAH JONGG 1:15 Movie Part 1 - Boyhood Shepherd's Pie or Garden Salad	8 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones Omelet or Turkey/Swiss Cheese Sandwich
11 9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 Salmon Filet or Roast Beef/Provolone Cheese Sandwich	12 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 12:00 SHINE 10:30 Body/Brain Flexi- bility 11:30 Blood Pressure/ pneumonia shots 12:00 Special Lunch 1:00 Bingo Winter Special - Chicken Divine	13 8:45 Neighborhood Gro- cery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 12:00 Lucky Lunch Day 1:00 Downtown/ Groceries/Library 1:00 Parkinson Support 1:30 Forever 49 Lentil Stew or Chicken Sal- ad Sandwich	14 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:15 Movie Part 2 - Boyhood Lasagna or Turkey/Swiss Cheese Sandwich	15 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Meatloaf or Tuna Salad Sandwich
18 Martin Luther King, Jr. Day Town Hall and Pleasant Street Center Closed	19 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 10:15 Blood Pressure 10:15 Chocolate Guy 10:30 Body/Brain Flexi- bility 12:00 Lunch 12:15 RMLD - table 1:00 Bingo Honey Mustard Chicken	20 8:45 Neighborhood Gro- cery Shopping 9:30 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 11:00 Book Club 12:00 Lucky Lunch Day 1:00 Downtown/ Groceries/Library 1:30 Forever 49 Stuffed Pepper or turkey Deluxe Sandwich	21 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Reiki 9:30 Chair Massage 12:00 Lunch 1:15 Movie - Selma Fish Florentine or Curry Chicken Salad	22 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 11:30 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Hot Dog or Seafood Salad Sandwich
25 9:00 Downtown/ Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Walmart/Home Goods 1:00 Cribbage 1:30 Forever 49 Spinach and Red Pepper Quiche or Chicken Sal- ad Sandwich	26 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flex- ibility 12:00 Lunch 1:00 Bingo Baked Fish or Roast Beef/Swiss Cheese Sandwich	27 8:45 Neighborhood Gro- cery Shopping 9:30 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lucky Lunch Day 1:00 Downtown/ Groceries/Library 1:30 Forever 49 Chicken w/sauce or Sea- food Salad Sandwich	28 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Chair Massage 9:30 Manicure 12:00 Lunch 1:15 Game Day Mac 'n Cheese or Turkey Chef Salad	29 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Turkey w/ gravy, etc. or Egg Salad Sandwich

On the Go!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Wal-Mart, Home Goods for everyone

- Monday, January 4 1:00 - 2:30
- Monday, January 25 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

- Monday, January 11 1:00 - 2:30

Downtown Errands, Grocery Shopping or Library for everyone

- All Mondays, 9:00 - 10:15
- All Wednesdays, 1:00 - 2:15

Burbank YMCA for everyone -

- All Tuesdays and Thursdays, 8:30 - 10:30

**Stop & Shop or Market Basket:**

- Neighborhood Grocery Shopping
Wednesdays, 8:45 - 10:00
- Cedar Glen Grocery Shopping
Thursdays, 8:45 - 10:00
- Tannerville Grocery Shopping
Fridays, 8:45 - 10:00

Pleasant Street Center is closed Monday, January 18 (Martin Luther King Jr. Day)

As a courtesy to others, please refrain from using colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

DANIELS HOUSE
 Nursing Home

(781) 944-4410

59 Middlesex Avenue
Reading, MA 01867
www.whittierhealth.com


Douglass, Edgerley & Bessom
FUNERAL HOME

25 Sanborn Street • Reading, MA
781-944-0284

John B. Douglass
John B. Douglass II

Glory & Independence

Life's a little easier with an extra set of hands.
Let us drive, shop, cook, do laundry,
help out around the home and so much more!!



SENIORS Helping SENIORS®
...a way to give and to receive®

Like getting a little help from your friends®
(781) 205-4930

SPACE FOR SALE
CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE

SENIOR NEWS PUBLICATIONS
7 PHILBROOK TERRACE, HAMPTON, NH 03842


RE/MAX
Heritage

Beth Stakem, CBR, REALTOR®
248 Main St., Suite 201
Reading, MA 01867

Office: 781-944-6060 ext. 2411
Direct: 781-517-4211 • Cell: 781-248-8406
Access/Fax: 781-872-4065
BethStakem@remax.net

Each Office Independently Owned and Operated



*"Best service I have ever had,
your staff have just been wonderful"*

- ABC Home Healthcare client

Experience the difference. We're owned and operated by nurse practitioners and geriatric case managers. When it comes to home care, trust the professionals....

ABC Home Healthcare®
Professionals

Private home health care providers
specializing in elderly and chronic care

781-245-1880

233 Albion St. Wakefield
online at www.abchhp.com

Committed to Life at Home

FUN FOR ALL



Movie Day: Boyhood (Shown in 2 parts.) **Thurs., Jan. 7 and 14 at 1:15** – This movie was filmed over a twelve year span largely using the same cast and one particular actor to portray a character's life; to show some of the many challenges and events experienced by a young man growing up in the America of the 1990s and 2000s. After divorcing, a mother and father continue to share the task of guiding their young son through youth and adolescence, and finally to adulthood.



Movie Day: Selma **Thurs., Jan. 21, 1:15 (2014)** PG-13, A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.



PLEASANT STREET SPA

For manicures, chair massage & Reiki please call the Pleasant Street Center (No Van Service)

Chair Massage - Thursday, Jan. 7, 21, 28 - 9:30 – 11:30 receive a 15 minute chair massage for only \$10

Manicures - Thursday Jan. 14 & 28 - 9:30 - 1:00, \$6.00 or \$7.00 for French

Reiki Treatments: Thursday, Jan. 21 (3rd Thursday of month) - 9:00-11:45. Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki facilitates healing, promotes mindfulness, complements any form of medical treatment.

Roberta Our Hairdresser— call 781-942-6794 to see if Roberta is back.



GET YOUR GAME ON!

Games on the Big Screen, Thursday, January 28, 1:15
Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, group picks!

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00—2:30

Billiards: (No van) Wednesdays, 10:00 - 11:15

Pool table is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van).



SPECIAL LUNCHES



Lucky Lunch Days - Wednesday's lunch and free drawing. – Join us for lunch on Wednesdays for the month of January and each week we will have a drawing for a free gift card.



Birthday Lunch: Mon., Jan. 11, Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free gift and lunch is free. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00.

Lunch is served: Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50)

SCUTTLEBUTT



Happy New Year & Healthy Holidays to all Scuttlebutt attendees. The January meeting will be on Thursday, January 7, 2016. Jack Goldberg will give a talk about Liberating Dachau.

Our February meeting will take place on the second Thursday, February 11th. Please update your calendar.



2016 MEDICARE PART B

You may have heard your Medicare Part B premium is going up. This is **not** true for everyone!

Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.* Those newly enrolled in Part B this year will likely pay \$121.80 per month.

People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call your local Senior Center.

*There was **no** cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced.

READING ROAD TRIPS

Through the generosity of the Reading Council on Aging, we are now offering mini-trips on the Elder Services van. Transportation is free! Lunch, museum admission and entertainment costs are the responsibility of the individual. Below is the schedule for January.

Tuesday, Jan. 12 —Northshore Mall, Peabody,
11:00 am — 2:00 pm (lunch on your own)

Thursday, Jan. 21 —Peabody Essex Museum,
11:00 am — 2:00 pm. (lunch on your own)

Seats are limited and we want to give all a chance to participate. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to **Reading** residents age 60+ . A minimum of 5 persons is required for the trip.



READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Pleasantries
Reading Senior Newsletter

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov.
If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.